



## Top 10 Snacks for Healthy Bodies and Healthy Minds

- 1 Fresh fruit
- 2 Chopped raw vegetables sticks
- 3 Milkshakes or fruit smoothies
- 4 Small tins of baked beans
- 5 Toasted sandwiches
- 6 Cheese and crackers
- 7 Cheese toasties
- 8 Frozen yoghurt
- 9 Whole grain cereals with reduced fat milk
- 10 Fruit toast topped with sliced banana

